



Photographer Dave Brosha took this photo in Nepal on his trek for MS - see page 6

OUR MISSION

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

3

Divisional Award Recipients

4

New MS Research

5

Kin Tabs for Wheelchairs

6

On Top of the World

A Message from Dena



**Dena Simon, President
Atlantic Division**

Happy New Year!

As you flip through the pages of this edition of MS Atlantic, you will find our 2009 Annual Report contained inside. The report highlights some of the incredible MS Society stories of the last year like William Breon's dedication to his dad and the rewarding effect our Being Well with MS program is having on our clients. As we move ahead in 2010, it is important to remember the successes of the past and bring forward the thoughts, ideas and actions that make this a wonderful organization to be part of.

In November, we said farewell to someone who has been very close to the MS cause in Atlantic Canada. Doug Ross has just completed a 14 year term with our Atlantic Division Board of Directors.

During his tenure he has provided guidance, governance and a laugh or two to our MS community. Although he's paid his dues to the Board, he will continue as a longtime member of the CycleDelics Bike Tour Team and a strong supporter of the MS Society.

As we said thank you and goodbye to Doug, we also welcomed new members to the Atlantic Division Board of Directors. We are pleased to announce that Dr. Gary Altenkirk, Rachel Cameron, Gavin Giles, Q.C., Pat King, Steve Merrill, Byron Murphy and Liz Wozniak have joined our leadership team.

Heading into 2010, I am excited about the fact that this spring we will be hosting an education session in each of the Atlantic Canadian provinces (see page 4). Education is a big part of what we do and we are fortunate to be able to reach so many of our clients and members in a short period of time.

I would be remiss not to mention the new research that has emerged regarding chronic cerebrospinal venous insufficiency or CCSVI and the excitement it has created in the MS community. (see pg.4 for more on CCSVI and the MS Society)

Increasingly, we can see that new ideas are emerging in the study of multiple sclerosis. Now, more than ever, I encourage you to continue to support the MS Society because around every corner there are possibilities.

All the best in the new year,

Dena Simon
President
MS Society of Canada, Atlantic Division



2010 Atlantic Division Board of Directors

Executive

Charles J. Ford – Chair
Chris Bourque – Vice-Chair
Sylvia MacVey – Past Chair
Sean FitzGerald – Secretary
& Treasurer
Scott Gillis – Chair, Client
Services Committee

Members at Large

Dr. Gary Altenkirk
Rachel Cameron
Cecilia Dennis
Catherine Edward
Joan MacKinnon
Steve Merrill
Byron Murphy
Lisa Park
Liz Wozniak

Honourary Legal Counsel

Gavin Giles, Q.C.

Honourary Director

Mike Kennedy

Kin Canada Liaison

Pat King
Carol MacDonald

MS Atlantic is a publication of the Multiple Sclerosis Society of Canada, Atlantic Division and is issued three times per year in the winter, spring and fall.

Editor and Layout: Starr Amey

Photo Credits:

Starr Amey
Dave Brosha
Jessesar MacNeil

Contributors:

Starr Amey
Jessesar MacNeil
Dena Simon

Cover Photo: "The Journey" by Dave Brosha

AGM, Awards and endMS

On Saturday, November 14, 2009 the Annual General Meeting (AGM) of the MS Society, Atlantic Division was held in Halifax bringing with it refreshed energy for the mission and for the year ahead.

Bringing their enthusiasm, several new members were elected to the Board of Directors.

“We’re pleased to have such talented people join this already keen and dedicated group,” says Dena Simon.

A Celebration Reception followed the AGM where Divisional Awards were presented to those who have made a significant contribution to the MS Society or to enabling people affected by MS enhance their quality of life.

Following the award ceremony a highly anticipated presentation was given by Dr. John Fisk, Director of the Atlantic endMS RRTC. He introduced

the endMS Research and Training Network, explained what RRTCs are, and highlighted the opportunities that the endMS campaign is providing for MS research. Dr. Fisk also explained that for people living with multiple sclerosis, the “cure” means different things to different people.

“For people who have lived with MS and have experienced loss of mobility . . . the cure means repair of the nervous system and recovery of lost functions,” says Dr. Fisk. “For people who have just been diagnosed, the cure will stop MS in its tracks. For people with a family history of MS, the cure will allow their children or grandchildren to live a life free from MS.”

For more information about the Atlantic endMS RRTC go to **page 3** of the **Annual Report** contained inside this issue of MS Atlantic.

MS Society Divisional Award Recipients

Division Award of Merit, Member
Maryann Moore

Division Award of Merit, Non-Member
Craig Thurston

Susan Rourke Public Education Award
Gary Dean

Client Services Ambassador Award
Bernie Touesnard

SAFIRE Award
Jamie Keith

Opal Award for Caregivers
Bram Russell

President’s Award
Kay Reynolds

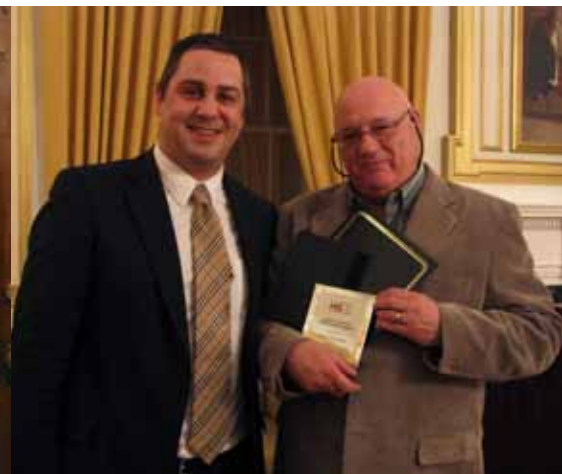
To read more about the 2009 Divisional Award Recipients go to www.mssociety.ca/atlantic/awards.htm



Dena Simon, President, Atlantic Division with Dr. John Fisk, Director, Atlantic endMS RRTC. Dr. Fisk gave a presentation on the endMS RRTC Network and local research being done on multiple sclerosis.



Craig Thurston, Chair of the MS Walk in Truro, with his wife Nancy. Craig received the Division Award of Merit for an outstanding contribution to the MS Society of Canada by a non-member.



Chuck Ford (L), Chair, Atlantic Division Board with Steve Merrill (R), Past Chair, Moncton Chapter and new board member, accepting the Client Services Ambassador Award on behalf of Bernie Touesnard of Moncton.

New Year, New Hope for Those Living With MS

Many people living today with MS remember a time when nothing could be done to control their disease. That changed in the 1990's for people diagnosed with relapsing - remitting MS, the most common form of the disease, with the introduction of the first therapies that now offer a number of treatment options to reduce relapses and slow progression of the disease.

Since its founding in 1948, the Multiple Sclerosis Society of Canada has acted as a key partner with the MS research community. Today, the MS Society provides over \$8 million per year in research funding, exploring what causes MS, how it develops, why it progresses, how its symptoms can be managed and how its damaging effects might be halted or even repaired.

Media reports and a recently released research study have revived the idea of an association between inadequate venous drainage from the brain and spinal cord (generally referred to as chronic cerebrospinal venous insufficiency or CCSVI) and multiple sclerosis.

If through this research, the treatment of CCSVI is proven to have benefit for MS, then the MS Society would have a role in lobbying to have it accessible.

While the early data have sparked much interest, it is important to acknowledge that the concepts are relatively untested and require replication and validation in much larger, well-designed scientific studies before they can be accepted as established.

Recently, the MS Society of Canada initiated a first-ever request for research operating grant applications on this topic. By funding research into MS and CCSVI, the MS Society hopes that clarity will emerge as to the relationship between the two.

If through this research, the treatment of CCSVI is proven to have benefit for MS, then the MS Society would have a role in lobbying to have it accessible. We will be closely following the development of MS research worldwide in this area and others in the months and years ahead.

Now is the time for us to step up our fundraising efforts and be part of the future research that will help those living with multiple sclerosis. With your efforts, 2009 was a great fundraising year for the MS Society in the Atlantic Region and we thank you for that. The funds raised are used for research and for support and services for those in our community living with MS.

Please join us again in 2010 and support our MS Walk, Rona MS Bike Tour, MS Carnation Campaign and the endMS campaign.

For more information please visit www.mssociety.ca/atlantic 

We will never walk on the moon.




Be part of something monumental. Funded largely by the MS Society, Canadian researchers have brought the cure for MS within reach. Let's take this last step together.

endMS.ca
It's time. Give now.

1-800-361-2985



MS 
CARNATION
CAMPAIGN

May 6 - 9

Volunteers Needed
1.800.268.7582

Pop the Top: Kin Tabs for Wheelchairs



The next time you are on your way to put your empty beverage can in the recycling bag – stop and pop the top – to help someone in need.

Since 1998, Kinsmen and Kinnette Clubs have been collecting recyclable materials such as the pull-tabs from beverage containers to sell for scrap aluminum. Then, they use that money to purchase or repair wheelchairs and other medical equipment for those who cannot afford it. In that time, the program, has placed or purchased chair lifts, walkers, wheelchair ramps, an electric scooter, other medical equipment and over 40 manual and electric wheelchairs for people in the local community.

Doug Gamble, current coordinator of the Tabs for Wheelchairs program, says it began as a Sackville Kinsmen project, but has spread across the province of Nova Scotia and to other areas of Kin Atlantic District # 7 expanding far beyond its original goals.

“I don’t think when the program started that we could have imagined how much it would evolve and grow over time. But pulling a pop tab from a can and saving that portion to donate is just such an easy thing for a person to do,” says Doug. “We have many school groups, churches, bars and individuals participating and they are making a real difference in someone’s basic quality of life.”



Isabelle Forcier, Director, Client Services, Atlantic Division passes on a donated wheelchair to Doug Gamble, Kinsmen.


“Pulling a pop tab from a can and saving that portion to donate is just such an easy thing to do . . . making a real difference in someone’s basic quality of life.”

The program has evolved to also accept second-hand wheelchairs, walkers and medical equipment. Working with the Nova Scotia Rehabilitation Centre and non-profit organizations, the Kin find the people who need them the most.

Some donations may be older styles of wheelchairs with fixed arms that would not be considered as desirable or suitable for use by most Canadians today, but the Kin make sure that even this medical equipment finds its way to good use.

“These wheelchairs are refurbished by us and sent by shipping container to Haiti by a not-for-profit organization called Team Canada Healing Hands,” says Doug. “They get

medical equipment into the hands of some of the most desperate people in the world.”

So next time, instead of throwing your recyclables out to the curb, bring them to your local ERA Enviro Depot and ask them to put your refund on the Kinsmen Tabs for Wheelchairs account. 

In partnership with Kin, Eastern Recyclers Association (ERA) enviro depots across Nova Scotia accept donations of:

- all beverage containers
- pop tabs
- soft metals like copper wire
- car batteries
- radiators
- ink jet cartridges
- eye glasses
- anything they purchase for refund

Just ask to put your refund on the Kinsmen Tabs for Wheelchairs account!

On Top of the World

In March 2009, Antigonish native Dave Brosha made an incredible journey to Nepal trekking from a small village called Lukla to Base Camp at Mount Everest, the tallest mountain in the world.

The 31-year-old professional photographer based in Yellowknife, accomplished a life-long dream and was inspired to combine it with fundraising for multiple sclerosis. Dave's father, Lou Brosha, has MS and is the head of Brosha's Believers, the top fundraising team at the MS Walk in Antigonish.

"When my uncle ran a marathon and directed his fundraising towards the MS Walk I thought, 'What a great idea,'" says Dave. "I realized that fulfilling my dream could serve a higher purpose."

Dave promoted his journey through his website and set up online donations through the MS Society. Chronicling his journey through photographs, he offered donors stunning prints of the images he took. In the end, Dave reached an elevation of 17,600 feet at Mount Everest Base Camp and raised \$11,000 for MS, but the story doesn't end there.

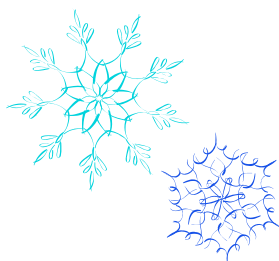
On September 26, 2009 Dave's brother, Stephen Brosha, took on the National Three Peaks Challenge, a mountain endurance challenge in Great Britain, also while raising money for the MS Society.



Dave Brosha celebrating his arrival at Mount Everest Base Camp after 10 grueling days of trekking through the rugged terrain of the Nepalese Himalayas.

Stephen and two friends climbed the tallest peaks in Scotland, Wales, and England in 24 hours which involved 42 kms of ascent and descent with total travel approaching 765 kms.

Fortunately for us, dreaming big and striving to reach great heights is a family affair.



Christmas Cakes

The annual Christmas Cake Campaign has had another successful year raising over \$175,000.

It's with the help of volunteers like 79-year-old John Sawler, Past Chair of the former South Shore Chapter that we achieve our goals.

John has been volunteering with the Cake Campaign for the past eight years and has personally raised over \$9,175 this year alone.

Thank you John and the many others like you who work so hard to end MS.

UPCOMING MS EDUCATION SESSIONS

Date	Topic	Presenter	Location
April 17 th	National Education Session	TBD	Charlottetown, PE
May 11 th	Genetics and MS	Dr. Sadovnick	Moncton, NB
	Broadcast on Rogers Cable	Times/Date - TBD	All NB
May 13 th	Genetics and MS	Dr. Sadovnick	Halifax, NS
	Broadcast on Eastlink Television	Times/Date - TBD	All NS and PEI
Spring	New and Emerging Trends	TBD	St. John's, NL
	Will be broadcast on Telehealth	Times/Date - TBD	Various locations

MS WALK
EVERY STEP MATTERS.



Make your step the one that **ends** multiple sclerosis.

Presented by
MEDAVIE BLUE CROSS



ATLANTIC CANADA
Sunday, May 30, 2010

Register now to end MS
mswalks.ca | 1.800.268.7582

Every day, three more Canadians are diagnosed with MS. Join over 70,000 people in 160 communities across the country for the MS Walk. Walk with your friends and family to support MS research and people with MS in your community.



m s w a l k s . c a

RONA MS BikeTour

Get ready to ride

2010 Tour Dates:

New Brunswick
Plains and Pastures
Sussex to Saint John
June 26 - 27, 2010
126 KM

Nova Scotia
Vineyards to Valleys
Windsor to Wolfville
July 24 - 25, 2010
96 KM or 160 KM



GEARED UP TO END MS

2 TOURS ACROSS Nova Scotia and New Brunswick

REGISTER NOW
msbiketours.com 1.800.268.7582

Notice of Annual General Meeting

NOTICE IS HEREBY GIVEN that the Annual General Meeting of the members of the Multiple Sclerosis Society of Canada, Atlantic Division will be held at The Lord Nelson Hotel, 1515 South Park Street, Halifax, Nova Scotia on Saturday, March 27, 2010 from 3:30 - 4:00 pm.

Members who are unable to attend the meeting in person, but who wish to have their vote recorded may date and sign the proxy below, detach and return it to the Atlantic Division, 71 Ilsley Ave., Unit 12, Dartmouth, NS B3B 1L5 by 5:00 pm on Wednesday, March 24, 2010. Dated at Dartmouth, NS this 1st day of February 2010 by the order of the Atlantic Division Board of Directors.



Sean FitzGerald, Secretary/Treasurer
Board of Directors

----- ✂

PROXY

I hereby appoint Charles Ford, Chair or Chris Bourque, Vice-Chair

OR _____ as my proxy to attend, act and vote on my behalf at the Annual General Meeting to be held on March 27, 2010 in Halifax, NS and at any adjournments thereof on the matters before the meeting. Dated this _____ day of _____, 2010.

Signature or Mark of Member: _____

MS Scholarship Applications

Multiple Sclerosis Society of Canada



Due March 1st



If you are a teen or young adult ready to enroll in post secondary studies for the 2010/2011 academic year and you, or your parent, has MS – it's time to put your thinking cap on and start filling out your MS Scholarship application.

The MS Scholarship Program, in its 4th year, continues to be supported by the popular Juno Award-winning punk rock band Billy Talent, and also by several anonymous donors. The program has awarded 220 scholarships totaling \$220,000 since its inception and hopes to give away \$125,000 this year alone.

Award decisions are based on a variety of factors including: financial need, academic record, leadership and participation in school or community activities, work experience, letter of recommendation, and a one-page essay on the impact of MS on their life.

Applications must be postmarked no later than March 1, 2010. More information about the MS Scholarship Program and application process is available at www.mssociety.ca/scholarship . 

Membership and Donation Form

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Tel: _____

Email: _____

Spouse: _____

Person with MS Yes No

Membership is complimentary for a person with MS.

Individual memberships are \$10

Membership Renewal Yes No

Donation / Fee Enclosed \$ _____

Visa Mastercard Direct Debit* Cheque

**Please attach a void cheque for automatic withdrawal from your bank.*

Single Debit: \$ _____
 Monthly Debit: \$ _____ x 12 = \$ _____
(withdrawn on the 15th day of each month)

Credit Card # _____

Expiry Date _____

Signature _____



Canada Post Publication
Mail Agreement # 40070351



UNDELIVERABLE MAIL TO:
MS Society of Canada, Atlantic Division
71 Ilsley Avenue, Unit 12
Dartmouth, Nova Scotia B3B 1L5

Phone: 1-800-268-7582
Email: info.atlantic@mssociety.ca